



Project Self-Sufficiency

June 17, 2009 - 5-7:30PM

June Recognition Program



June 2009

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We will celebrate the accomplishments of our single parents at Edison Community Center, 21377 Magnolia Street, Huntington Beach, on Tuesday, June 17th from 5-7:30 PM. Michele Hart, PS-S Foundation Chair, will open the event and Huntington Beach Mayor, Keith Bohr, will offer congratulations and encouragement to everyone. Foundation member, Josepha Arrieta, will speak of her experiences as a single parent and the importance of education in her successes. The PS-S Foundation will present scholarships, and dignitaries from local government agencies will present Certificates of Achievement to participants. We are very fortunate to have Erika's Catering cater the dinner this year. Do not miss out on this exciting event. Some PS-S participants and children will also be providing entertainment.

All PS-S participants are invited and encouraged to attend with their children. What a wonderful evening watching parents being honored for their hard work. Child care will be provided by National Charity League for the younger ones.

Scholarships

This year, the PS-S Foundation, along with our generous community, has done an outstanding job with the SCHOLARSHIP program! We are pleased to announce that \$45,000 will be given out at the June Recognition Program in the form of educational scholarships.



The funds have come from many sources - community groups, individuals, organizations, trusts, and businesses. Winners will be notified by mail right before the event. Watch for the July newsletter for the winners and donors lists.

Thank You, All Scholarship Donors

May Monthly Meeting

Thank you, Brenna and Shannin, for the extraordinary treat you each provided at the May monthly meeting. WOW! Facials and massages just in time to help all the weary bodies and spirits. You are special women!



PROJECT SELF-SUFFICIENCY NEWSLETTERS TO BE SENT QUARTERLY

Project Self-Sufficiency is joining the efforts to respect the valuable natural resources of this country. Starting this month, newsletters will be sent quarterly - June, August, November, and March.

Newsletters also are available for you to read on the Project Self-Sufficiency Foundation website www.projectsselfsufficiency.com.

We value your comments and feedback, and always appreciate your support, contributions and donations. Consideration is being given to sending all communications by electronic means and we welcome your comments. You may email your suggestions and comments to pss@surfcity-hb.org



SCHOOL'S OUT!

Adventure Playground!



Adventure Playground is a seasonal program which goes through mid-August and provides a wonderful playing experience for youngsters. Kids can raft on a small pond, navigate a rope bridge, use a cable slide to go down a mud slide, and build forts. Children must wear tie-on tennis shoes and be prepared to get dirty. This experience is suitable for kids 6 to 12 years old. It is only open in summer and hours are 10 am to 5 pm, Monday through Saturday, closed Sunday.

Adult supervision is provided and a small fee is charged. For information and group reservations, call 714/842-7442. The playground is located in Central Park, east of the library. Library address is 7111 Talbert Ave, Huntington Beach.

DAD ROCK PAPERWEIGHTS

What you will need:

- 1 palm size rock heavy enough to weight down paper
- Acrylic paint in any color
- Gold glitter glue
- Paintbrush
- Acrylic sealer spray
- Black Marker

1. Wash your rock with warm soapy water and a scrub brush; be sure to get into all the crevices. Wipe off water with a paper towel.
2. After rock has completely dried, paint the entire rock with acrylic paint. Let dry and paint on a second coat.
3. Paint the entire rock with a thin layer of glitter glue and then let dry.
4. Use a squeezable glitter glue bottle to carefully write "DAD ROCKS" on the rock and let dry overnight.
5. Get a grown-up to spray the entire surface of rock with acrylic sealer spray.



Flag Day

June 14 is Flag Day! This year, it marks the 226th birthday of the US flag. Flags are used all over the world to represent countries, clubs, even school groups. The US flag has many special names: Stars and Stripes, Old Glory, and Star-Spangled Banner. The flag has 13 stripes that represent each of the 13 original colonies and fifty stars; one for each US state.

Bubble Delight: Blowing bubbles is a fun learning activity for kids. Set up a basin of water with a little dish soap. Have your child use objects such as rubber bands and strawberry baskets to blow bubbles, and experiment by using different objects to create bubbles of different sizes. Be warned while your child is mastering the art of bubble blowing, you may end up with a lot of water on the floor. If he uses a stool at the sink, make sure it has rubber legs so it doesn't slide, or better yet, take the activity outside.



Having Fun In The Kitchen

Kid's Summer 'Eating Healthy' Ideas

Juiced-up Fruit Juice Pops

Ingredients:

- 1 Can of Fruit in Natural Juice
- Popsicle forms or paper cups
- Fruit Juice
- Clear plastic wrap
- Plastic spoons

1. Drain the can of fruit. Kids can cut the fruit into very small bites with plastic knives.
2. Place fruit pieces into the bottom of popsicle forms or paper cups. Slowly add the fruit juice.
3. Place the lid on the popsicle forms or cover cups with plastic wrap and snip holes in the center placing spoons through the holes, and seal the cups.
4. Freeze for at least 4 hours. Dip the popsicle forms or cups in a large bowl of warm water to release the popsicles.



Ants On A Log

Ingredients:

- 5 Stalks of celery
- 1/2 cup of peanut butter
- 1/4 cup raisins

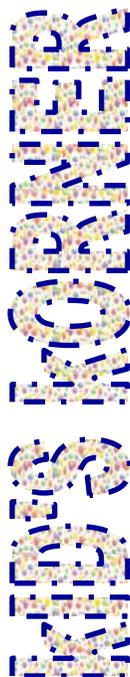
- Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Apple Ladybugs

Ingredients:

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks

1. Slice apples in half from top to bottom, and scoop out cores using a knife or melon baller. If you have an apple corer, core them first, then cut in half. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the "ladybug", then stick raisins onto dabs for the spots. Use this method for the eyes too. Stick one end of each pretzel into a raisin, then press the other end into the apples to make antennae.



CONGRATULATIONS TO ALL PARTICIPANT HONOREES AND SCHOLARSHIP RECIPIENTS

PARTICIPANT	GOAL	DATE	LOCATION
Christy Alarcon	Graduating with BS in Biology-Physiology from CSU - Long Beach	5/09	CSULB
Shauna Andrews	Summer Internship for Research of Dolphins	8/09	OCC
Yolanda Aragon	Completed EMT Program	12/08	OCC
Giovana Cortez	Received Associate Teacher Permit	12/08	Santa Ana College
Christina Cross	Health Science Completion	5/09	Cypress College
Sarai Crowse	Completed first year towards Speech Certificate	12/08	OCC
Karen Dickerson	Completed third year toward AA	5/09	GWC
Brenna Dumerton	Had 4.0 for semester	12/08	OCC
Shannon Flak	Had 3.57 GPA	12/08	GWC/CCC
Linda Frias	Completed first year	5/09	CCC
Catherine Hollingshed	Completion of Nursing Reqs. With Honors	5/09	GWC/OCC
Tamara Hydarbygi	Completed 12 credits of math	5/09	GWC
Darcy Jeavons	Completed first year at CSU - Long Beach	5/09	CSULB
Christiana Lagana	Completed AA in History	12/08	GWC
Linda Luu	Completed Nursing Internship in Jan. & completed 2nd semester with above 3.0 average	5/09	Hoag/GWC
Kelly Massengale	Finished 3rd semester at CSU - Fullerton & made Dean's List	12/08	CSUF
Myllinda McCarthy	Completed first semester back in school	5/09	OCC
Mark Millaud	Hired as sub. teacher & continuing toward teaching cred.; maintained 4.0 GPA for cred. program; accepted into Pi Lamda Theta Honor Soc.	8/08	GG school district
Kelly Navarro	Completed nursing program with Honors	05/09	GWC
Anh-Dao Nguyen	Completed first semester at CSU - Long Beach	5/09	CSULB
Angel O'Neill	AA degree	5/09	Cypress College
Lorena Ortega	AA degree; will be attending CSU - Long Beach in the fall	5/09	GWC
Denise Patin	Completed first semester at CSU - Fullerton	5/09	CSUF
Dawn Phillips	Graduating with a BA in Sociology; minor in gerontology from CSU - Fullerton	5/09	CSUF
Chelsea Smith	Completed first semester at USC & accepted to Levanthal School of Accounting	12/08	USC
Nicole Smith	Completed pre-reqs. for nursing program	5/09	GWC
Anna Taylor	Completed second year toward AA	5/09	GWC
Shannin Terreri	Received massage certification	5/09	GWC
Lance Tonelli	Completed first year with over 3.0 average	1/09	GWC
Patricia Torre	Completed first year of graduate program at CSU - Fullerton	5/09	CSUF
Tetyana Turchenko	Finished second semester at CSU - Fullerton with straight A's	12/08	CSUF
Katie Umatham	Completed first year at CSU - Long Beach	5/09	CSULB
Natalie Wright	Completed college transfer level math	5/09	CCC



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Enjoy the sunshine!

Don't forget to check if funds are still available for the summer activities kid's program.

Father's Day June 15

It is recognized that Father's Day started in 1909 in Spokane, Washington. Sonora Smart Dodd was listening to a Mother's Day sermon. The lecture inspired her to have a special day dedicated to her father, William Jackson Smart, who had raised her and her siblings single-handedly after their mother died. She realized the greatness of her father and wanted to let him know how deeply she was touched by his sacrifices, courage, selflessness and love. She held the first Father's Day celebration on the 19th of June, 1910, on the birthday of her father. The idea soon caught on and in 1924, President Calvin Coolidge supported the idea of a national Father's Day on the petition sent to him by Dodd on the acceptance of fatherhood. In 1926, a National Father's Day Committee was formed in New York City.

However, it was thirty years later that a Joint Resolution of Congress gave recognition to Father's Day. Another 16 years passed before President Richard Nixon established the third Sunday of June as a permanent national observance day of Father's Day in 1972, in honor of all good fathers who contribute as much to the family as a mother, in their own ways. Even before Dodd came into the picture, Dr. Robert Webb of West Virginia is believed to have conducted the first Father's Day service in 1908, at the Central Church of Fairmont. However, it was the colossal efforts of Dodd for her father, the Civil War veteran who refused to remarry for the sake of his six children and took upon himself all the duties, love and care of a mother, that eventually led it to a national observance.

Empowering Single Parents to Achieve



Next Monthly Meeting will be in September, 2009. Participants check your email for further updates



Summer Events in Huntington Beach:

Use this area to thank donors and volunteers for the scholarship program